


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Are you coming? Let's do Lunch!</p>		<p>1</p> <p>CLOSED FOR NEW YEAR'S DAY</p>	<p>2</p> <p>BAKED CHICKEN THIGH Southwest Sauce Brown Spanish Rice Pinto Beans Tropical Fruit</p>	<p>3</p> <p>BEEF TIPS WITH GRAVY Mashed Potatoes Mixed Vegetables Green Beans Lemon Blondie</p>
<p>6</p> <p>CHICKEN BREAST Sesame Sauce Brown Rice Capri Blend Vegetables Spiced Peaches</p>	<p>7</p> <p>Birthday Meal BEEF TIPS Mashed Potatoes w/ Gravy Stewed Tomatoes Green Beans Fruit Cocktail Birthday Cupcake</p>	<p>8</p> <p>POTATO CRUSTED FISH Tarter Sauce Potato Wedges Mixed Vegetables Fresh Banana</p>	<p>9</p> <p>SLICED ROASTED TURKEY Poultry Gravy Cornbread Stuffing Green Peas Red Fruited Gelatin Whole Wheat Roll</p>	<p>10</p> <p>Riblett Patty Sandwich BBQ Sauce Italian Blend Vegetables Pears Cookie</p>
<p>13</p> <p>KETTLE BEEF LASAGNA Broccoli & Cauliflower Whole Kernel Corn Whole Wheat Roll Lemon Pudding</p>	<p>14</p> <p>ROAST PORK Apple Berry Sauce Mashed Potatoes Mixed Vegetables Pineapple Tidbits</p>	<p>15</p> <p>CHEESE OMELET Western Omelet Sauce Turkey Sausage Red Diced Potatoes Red/Gr Bell Peppers & Onions Fresh Banana</p>	<p>16</p> <p>CHICKEN PARMESAN Rotini Pasta Spinach/Romaine Salad Mixed Vegetables Cherry Gelatin</p>	<p>17</p> <p>Martin Luther King Special Meal Sliced Ham Pineapple Sauce Mashed Sweet Potatoes Green Beans w/ Red Peppers Peach Cobbler</p>
<p>20</p> <p>CLOSED MARTIN LUTHER DAY</p>	<p>21</p> <p>POTATO CRUSTED FISH Tartar Sauce Wild Rice Green Beans Carrots Gelatin</p>	<p>22</p> <p>SALISBURY STEAK Brown Gravy Sour Cream & Chive Potatoes Scandinavian Blend Vegetables Fresh Banana</p>	<p>23</p> <p>RIBLETT PATTY BBQ Sauce Roasted Red Potatoes Whole Kernel Corn Fresh Orange</p>	<p>24</p> <p>ROAST PORK Cider Glaze Whipped Sweet Potatoes Capri Blend Vegetables Sliced Apples</p>
<p>27</p> <p>CHICKEN FAJITAS Red/Gr Bell Peppers & Onions Whole Kernel Corn Refried Beans Flour Tortilla Fresh Apple</p>	<p>28</p> <p>MEATLOAF Brown Gravy Mashed Potatoes Stewed Tomatoes Fresh Banana Sugar Cookie</p>	<p>29</p> <p>DICED PORK BOWL Steamed Rice Whole Kernel Corn Black Beans Fresh Orange Sala</p>	<p>30</p> <p>CHICKEN BREAST Creole Sauce Penne Pasta Italian Blend Vegetables Spinach Romaine Salad Red Gelatin</p>	<p>31</p> <p>CHEESEBURGER Scandinavian Blend Vegetables Broccoli Cuts & Florets Vanilla Pudding (Lettuce/Tomato/Onion) (Ketchup/Mayo/Mustard)</p>

January 2020



Spend the day with us

And make yourself at home



Slide on in . . .

We are ALL friends

Harman Senior Recreation Center

4090 South 3600 West - West Valley City

801-965-5822

<http://www.facebook.com/HarmanSeniorRec>

For lunch and/or ride reservations

call one day in advance before 12:00 p.m.

Suggested lunch donations for Seniors \$3.00.

Van suggested donation \$1.00 each way.

Upon request reasonable accommodations can be made for those with disabilities.



